Common Serving Amounts Reference

Use this sheet for listing commonly served foods at your center and share with staff that prepare and serve meals. Items listed under each category are examples. Refer to the Food Buying Guide and/or Child Nutrition labels to determine accurate information for items commonly used by your agency. Record these on the blank lines.

Breakfast	1-2 year olds	3-5 year olds	6-12 year olds
FRUITS AND VEGETABLES (ex. Bananas, large: 1/2 banana = ½ cup) (ex. Grapes, large: ½ cup = 14 grapes)	½ banana 7 grapes	Example 1 banana 14 grapes	1 banana 14 grapes
GRAINS/BREADS	, , , , , , , , , , , , , , , , , , ,	Example	
(ex. Bread)	V₂ slice	½ slice	1 slice

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1-2 year olds	3-5 year olds	6-12 year olds
6 each	Example 9 each	12 each
1 ½ slices each	2 ½ slices each	3 slices each
4	Example 4	8
¼ banana		1 banana
4 grapes	7 grapes	14 grapes
	6 each 1 ½ slices each 4	Example 9 each 1 ½ slices each Example 9 Example 4 Example 4

¹ Each commercially prepared combination food item must have a CN label or Product Formulation Sheet.

² A vegetable and fruit, or two vegetables, must be served at lunch and supper.

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Snack	1-2 year olds	3-5 year olds	6-12 year olds
MEAT/MEAT ALTERNATES (ex. String cheese, 1 oz each)	½ each	Example ½ each	1 each
SNACK ITEMS, GRAIN/BREADS (ex. fish crackers)	19 crackers	Example 19 crackers	37 crackers
FRUITS AND VEGETABLES (ex. Bananas, large: 1/2 banana = ½ cup)	1 banana	Example 1 banana	1½ bananas
(ex. Grapes, large: ½ cup = 14 grapes)	14 grapes	14 grapes	21 grapes